

BREASTFEEDING

An evaluation tool to be used the Early Weeks

Feedings	<p>In response to early cues: squirming, stretching, squeaking, sucking, smacking, searching</p> <p>Sleepy newborn awakened at least every 2-3 hours during most of the day</p> <p>8-14 feedings/day, 20-40 minutes/feeding, both breasts offered</p> <p>Increased frequency during growth spurts</p>
Position	<p>Mother comfortable and relaxed with good back support</p> <p>Baby well supported, head and body aligned, facing breast</p> <p>Baby held close, wrapped around mother, mouth at nipple level, nipple near baby's nose</p> <p>Mother's arm and hand provide support to sustain baby securely at breast</p> <p>Mother's supporting arm propped/well supported for added stability</p> <p>Mother's other hand supports/guides breast, fingers well back from areola</p>
Latch	<p>Mother strokes baby's lips with nipple until mouth opens wide and tongue is down</p> <p>Plant bottom lip well away from nipple base, point nipple slightly up toward roof of mouth</p> <p>Quickly guide baby's mouth up and over nipple well onto breast</p> <p>Baby's lips flange out over areola, sealed tight on breast, ~1" (2-3 cm) beyond nipple base</p> <p>Tongue is cupped under nipple and extended over lower gum ridge</p> <p>Nose and chin very close or touching breast</p>
Suck	<p>Mother feels snug tug, strong suction, taut pull – more so at beginning of feeding</p> <p>Cheeks remain full and rounded (not dimpled inward, no clicking noises)</p> <p>Rhythmic pattern: active series wide jaw expansions with brief rest pauses</p>
Milk Flow	<p>Mother feels uterine cramps, thirst, and/or sleepiness</p> <p>Mother feels tingling rush of fullness towards nipple (after day 3)</p> <p>Whitish milk observed dripping from other nipple, or inside baby's mouth (after day 3)</p>
Intake	<p>Swallows seen, felt, or heard; initially after several sucks, after day 3 more frequently</p> <p>Mother's breasts feel fuller before and softer after feedings (after day 3)</p> <p>Baby is satisfied and content for 1-3 hours, alert and active at intervals</p> <p>Baby's skin is supple and inside of mouth is pink and moist</p> <p>Soft spot at top of baby's head is level with surrounding tissue (not sunken)</p>
Output	<p>Urine: Color: pale or light yellow (after day 3)</p> <p>Frequency: day 1: 1 or more, day 2&3: 2-3/day, day 4: 4-6, thereafter: 6+/day</p> <p>Amount: well saturated diapers (after day 3)</p> <p>Bowel Movement: Color: bright or deep yellow (after initial black to brown on days 1-3)</p> <p>Consistency: very soft, mushy, or seedy appearance</p> <p>Frequency: days 1-3: 1 or more/day, thereafter: 4+/day</p> <p>Amount: each should be at least 1 rounded tablespoon (~15 ml or ½ oz)</p> <p>total each day should be at least ¼ cup (~60 ml or 2 oz)</p>
Weight Status	<p>Initial weight loss of up to 9% of birth weight in first ~72 hours, followed by ...</p> <p>Weight Gain: average of ~1 oz (30 g) per day, at least ~5 oz (150 g) each week</p> <p>Back up to birth weight within ~2 weeks</p>

Promptly seek guidance from health care providers that are knowledgeable in breastfeeding support for any question or concern.